

### AMENDMENTS TO THE CLAIMS

1-19. (Canceled)

20. (Currently Amended) A ~~device for sliding on snow~~ cross country ski, said ski device having a ~~mounting aid or binding plate~~ for a cross country binding or components thereof, said ~~aid-binding plate~~ being mounted on the top face of the ski device, said mounting aid having approximately the same properties as the associated portion of the device with respect to at least flexibility, torsion, and thermal expansion, said mounting aid binding plate being welded or bonded entirely without screws to the top face of the device; bonded without screws or welding over its whole surface with adhesive to the top face of the device, wherein the adhesive comprises a layer having a maximum thickness of 5 to 10% of a thickness of the binding plate, wherein said ski device and said mounting aid binding plate form an integral constructional unit in respect of mechanical properties with no damping volumes between the binding plate and the ski, wherein said mounting aid comprises at least one of snap-in lugs and detent apertures, spaced from one another in the longitudinal direction of the device, configured for the snap-in positioning and fixing of a binding or components thereof.

21. (Currently Amended) A ~~device~~ cross country ski according to claim 20, wherein said ~~mounting aid binding plate~~ has approximately the same values as the associated attachment portion in terms of properties including

- thermal expansion,
- tensile strength,
- flexural strength and torsional rigidity.

22-23. (Canceled)

24. (Currently Amended) A ~~device~~ cross country ski according to claim 20, wherein said ~~mounting aid binding plate~~ comprises a longitudinal guide with undercut operative to provide longitudinal positioning and fixing of the binding or of binding components.

25. (Currently Amended) A ~~device~~ cross country ski according to claim 24, wherein said ~~mounting-aid~~ binding plate is a plate having a cross-section selected from the group consisting of T-shaped and U-shaped cross-sections, the two upwardly projecting arms in the latter case each being oriented in a manner selected from the group consisting of drawn inwards and being directed to protrude laterally outwards.

26. (Currently Amended) A ~~device~~ cross country ski according to claim 20, wherein said ~~mounting-aid~~ binding plate is in the form of a binding plate and has a construction selected from the group consisting of two-part construction, having a front portion and a rear portion, and one-part construction, the front and rear portions of the binding plate in the latter case being connected to one another by a connection piece or similar connecting portion.

27. (Currently Amended) A ~~device~~ cross country ski according to claim 26, wherein said connecting portion is of narrower form and thinner wall thickness than the front and rear portions of the said binding plate.

28. (Currently Amended) A ~~device~~ cross country ski according to claim 26, wherein said connecting portion is displaceable in the longitudinal direction of the device relative to the front and/or the rear portion of the binding plate.

29. (Currently Amended) A ~~device~~ cross country ski according to claim 26, wherein arrangements are provided only in the regions selected from the group consisting of the region of the front portion, the region of the rear portion, and the region of the front portion and the region of the rear portion of the binding plate for the longitudinal positioning and fixing of the binding.

30. (Currently Amended) A ~~device~~ cross country ski according to claim 20, wherein at the side associated with the device top-face, the said ~~mounting-aid~~ binding plate has nipple-

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like or stud-like lugs, said lugs corresponding to complementary recesses provided in the top face of the device.

31. (Canceled)

32. (Currently Amended) A device cross country ski according to claim 20, wherein the ~~mounting aid~~ binding plate consists of a material selected from the group consisting of a plastics material, a wood laminate, a plastics/wood laminate, a plastics/metal laminate, and a plastics/wood laminate and a plastics/metal laminate.

33-87. (Canceled)